DOCUMENT RESUME

ED 381 733 CG 026 226

AUTHOR	Drexler, Nora L.
TITLE	Drug and Alcohol Awareness for Grade Four.
INSTITUTION	Drexler Associates, Inc., Erie, PA.
PUB DATE	94
NOTE	42p.; For related teaching guides, see CG 026 222-230. Produced as part of the SPARKS (Smart People Act Responsibly to Keep Safe) educational program.
AVAILABLE FROM	Drexler Associates, Inc., P.O. Box 722, Erie, PA 16512-0722 ($21.95 single copy; $17.95 each for 25 or more).
PUB TYPE	Guides - Classroom Use - Teaching Guides (For Teacher) (052)
EDRS PRICE	MF01/PC02 Plus Postage.
DESCRIPTORS	*Alcohol Education; Children; Curriculum Guides; *Drug Education; *Grade 4; Health; Instructional Materials; Intermediate Grades; Intervention; Prevention; Resource Materials; Substance Abuse

ABSTRACT

This educational program on drugs and alcohol provides a "No-Use" message to students. The curriculum maintains that alcohol, tobacco, and illicit drugs are unhealthy and harmful, and that society's laws and values are to be respected. The lessons build students' resistance to influences that encourage drug abuse and they promote safe, healthy, and responsible attitudes while correcting mistaken beliefs and assumptions about drugs and alcohol. Lessons appear on 36 "Task Cards" which are intended to be used once a week during a traditional school year. The sequence and frequency with which these Task Cards are used, though, is at the instructor's discretion. Cards may be completed individually or in a group. Each card contains a benchmark (a one or two line goal for the lesson), a short message that the facilitator can present to the students, and an activity, all of which are age appropriate. If students work in groups, they are encouraged to create and display a team name, a pennant or banner with their team symbol, a license plate, a team motto or slogan, and a simulated 1-800 phone number. Cartoon characters with positive messages appear at the end of the publication and these can be awarded to students as incentives. (RJM)

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Drexler Associates, Inc, P.O. Box 722, Erie, PA 16512

SPARKS EDUCATIONAL PROGRAMS

Smart People Act Responsibly to Keep Safe

DRUG AND ALCOHOL AWARENESS

FOR

Grade Four

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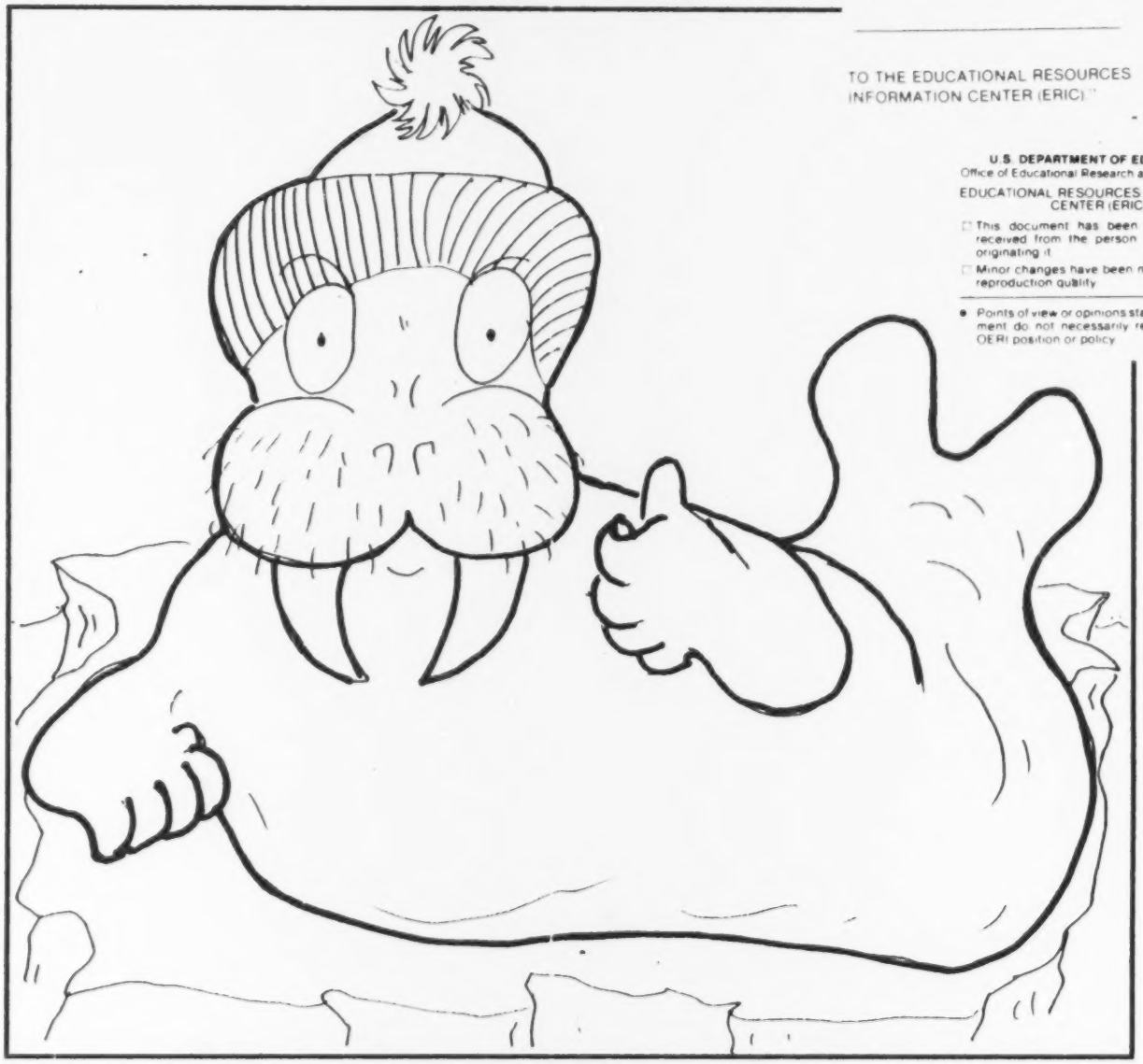

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Publisher of Educational Material

SPARKS EDUCATIONAL PROGRAMS

Drug and Alcohol Awareness Programs

Nora L. Drexler, the author and illustrator of SPARKS EDUCATIONAL PROGRAMS, received her M. Ed. from Gannon University and has received special training in Gifted Education from the University of Connecticut. She has taught regular and gifted education in Kindergarten through grade eight in Pennsylvania. Currently she teaches Gifted Education in the Millcreek Township School District in Erie, Pennsylvania. She has participated in the Governor's Lead Teacher Program in PA. She gives national and international presentations, and teaches new trends in computer technology. She implements cooperative learning, integrated curriculums and directs educational television programs for children.

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RATIONALE

SPARKS, (Smart People Act Responsibly to Keep Safe), is a nationally marketed, educational program brought to you exclusively by Drexler Associates, Inc. The "NO-USE" message in this curricula is clear, consistent, and positively communicated throughout this material. This program spirals in a continuous progression from kindergarten through grade eight and maintains that the use of alcohol, tobacco and illicit drugs is unhealthy and harmful, and that the laws and values of our society are to be respected. This program builds resistance to influences that encourage drug abuse, promotes safe, healthy and responsible attitudes, and corrects mistaken beliefs and assumptions.

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TO THE TEACHER/FACILITATOR

The lessons on the "Task Cards" in this publication are designed for use once a week, for a traditional thirty-six week school year. However, the actual sequence or frequency of these Task Cards should be at the discretion of the prevailing instructor, counselor or group leader in charge. The Task Cards could be completed individually or used in a cooperative learning, group situation. Benchmarks can be discussed orally and the facts can be written in a student notebook.

If students are working in small groups of three or four students, they should create and display their team names, a pennant or banner with their team symbol, a license plate (Example: WE-ARE-#1), a team motto or slogan, and a simulated 1-800 phone number, (Example: 1-800 -NODRUGS).

The teacher can assign "tangible" points to the teams in the form of buttons, popcorn kernels, perler beads, etc. contained in a jar or plastic, reclosable sandwich bag, or show points listed on a chart. Points can be administered by the teacher's discretion for accuracy, cooperation, quality work, creative answers, organization, participation, effort, extra drug and alcohol information or speakers brought into the class, etc. Winning team upon conclusion of the task cards, is the one with the most points. Students delight in seeing visible progress through the containers, and competition becomes more exciting each week.

Cartoon characters, from the Creature Feature Cards at the end of this publication, can be awarded to students in any quantity, in any fashion, for any reason, at the discretion of the group facilitator.

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To the Student: About Drugs and Crime

When drugs are prescribed by doctors and used wisely, they can ease pain and suffering, help fight infection and even cure diseases. But when drugs are not supervised by a doctor, not used wisely, or used by someone other than the person for whom the drug was prescribed, they can cause pain, suffering, illness and even death. Do not experiment with any drugs, medicine, alcohol or chemicals!

Sooner or later, you will probably come in contact with people who are using illegal drugs or alcohol or, who are selling or "pushing" this habit on others. You may be tempted to try the drug because of stories you have heard, of promises made by the "pusher," just from curiousity, or because of the pressure to do whatever your friends are doing. However, drugs will NEVER help you get better grades, will NEVER make you more popular, and will NEVER solve any problems that you may have.

Drugs and alcohol can cause you a lot of pain, make you very sick and even cause death. It may seem hard for you to say "No," but it is certainly easier to refuse drugs NOW, than to try to break the habit later. Be strong in your plans to stay clean and free from drugs, alcohol and crime. Don't hang around with other kids who get into trouble with the law, or who use drugs or alcohol. Stick with friends who respect the drug-free, crime-free choice. You must learn the facts about drug and alcohol abuse, and care about your body, your mind, and your future.

Crime is everybody's business! Preventing crime is everyone's duty. All citizens in our country have the responsibility of keeping themselves safe and their community safe. You also, share in this important responsibility. Laws of your state and city, as well as the rules within your home, school and community, were designed to keep you safe and help you grow up to be the best you can be. Obey the laws. Obey the rules. Encourage your friends to respect laws, rules and property. Whenever a crime is committed, everyone pays. Taxes go up, more money is spent to fix property, or to punish criminals, or to hire more staff to help protect innocent people. Think about it. This is money that could have been routed for other purposes such as health care, research for diseases, better parks, roads, education, inventions, space travel, etc. Whenever a crime is commited, someone is injured or rights are violated. Crime hurts everyone. It takes a long time to rebuild damaged property and fix broken lives. Everyone suffers. Everyone pays the price.

You and your classmates can help. Take steps to prevent crime. Follow the rules. Report law breakers or suspicious behavior. Be respectful of those in authority. Honor police officers and those who risk their lives every day so that you and your family can have a better life, without fear of intruders, vandalism, pollution, theft, or drivers on the road who are under the influence of alcohol or drugs. Perhaps, you, too, will choose a career in law, or law enforcement, to continue to help our citizens live and grow in a crime-free, drug-free environment.

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TASK CARD # 1

BENCHMARKS - The student should know that:

* Drug pushers may try to get kids hooked on the cheaper drugs first, then tempt them with more expensive drugs
* The abuse of cocaine can cause death from cardiac arrest
* At first, people may use cocaine:
    * To be social and go along with friends
    * To experiment
    * Because they mistakenly think it's a harmless, "recreational" drug
    * To lose weight or get more energy

Activity: Bumper Sticker, Slogan, Caps

Make up a drug-free, alcohol-free bumpersticker and slogan. Design a drug-free cap. Use bright colors and clever designs on the cap. Cut out the cap. Display the caps on the walls of a long hallway, so everyone can witness the drug-free caps and group members.

TASK CARD # 2

BENCHMARKS - The student should know that:

* Some people become addicted. If they stop, they will physically suffer withdrawal symptoms. Mentally, they need cocaine to avoid the unpleasant "crash" that follows the "high"
* Smoking can cause gum infections
* Smoking can cause bad breath

Activity: Interview

Invite an attorney to speak to your group. Ask questions about rights of the criminal and rights of the victim. Find out about trial procedures. Act out a MOCK TRIAL using a Bailiff, Judge, Defense Attorney, Prosecuting Attorney, Criminal, Victim, Witness, Jurors, Reporters, Spectators, etc. Videotape and share with another classroom, school or city.

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TASK CARD # 3

BENCHMARKS - The student should know:

* Cocaine's legal classification is "Narcotic"
* Angel dust and LSD are Hallucinogens
* "PCP" is a common street name for Phencyclidine
* Cocaine comes in white powder forms
* "Rock" or "crack" cocaine are small pellets or tablets processed for smoking

Activity: Survey, Bulletin Board

Plan a BULLETIN BOARD or display showing drug-related crime events. Keep track, by surveying the newspaper each day. How many crimes were reported? Out of those, how many are related to drug or alcohol usage?

TASK CARD # 4

BENCHMARKS - The student should know:

* "LSD" stands for a drug called Lysergiv Acid Diethylamide
* Abuse of paint thinners, airplane glue, and aerosols can cause phychosis, and permanent damage to the liver and nervous system
* People who continue using cocaine build up tolerance - they need more and more of the drug to get the same effect
* Any use of cocaine can lead to addiction

Activity: Video

Perform a VIDEO with suggestions to fight crime and drug abuse. Trade with another grade level, school, etc. Make up a name for your show. Generate many ideas for home, school and neighborhood. How can you prevent crime when traveling or on vacation?

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TASK CARD # 5

BENCHMARKS - The student should know:

- "Laughing gas" can cause nausea, nosebleeds, fatigue, and lack of coordination
- A drug pusher will have many reasons why you should try drugs
- Cocaine is a stimulant - a drug that speeds up the nervous system
- Cocaine is made from the leaves of the coca bush, which is grown in South America

Activity: Shadow Box

Decorate a SHADOW BOX showing all the security hazards of a home. One team could prepare one house. Use large cardboard boxes. What about spotlights, trees growing near upstair windows, ladders, broken basement windows, locks that are broken, light timers, newspapers that pile up when you are on vacation? Show how you can prevent crime by taking precautions.

TASK CARD # 6

BENCHMARKS - The student should know:

- The Surgeon General says that quitting smoking now, reduces serious risks to your health
- "Boose" and "cocktails" are common names for liquor, wine and beer
- Cocaine is addictive, it damages the brain and other organs
- Nasal congestion and a runny nose occur with the use of cocaine

Activity: Aerial Map

Make an aerial map of your neighborhood. Show the safest route home in green and the most hazardous route home in red. If you take a bus home, use the route home from the bus, or trips from your house to perhaps, a neighborhood store. Name the streets. Explain why this route is better than other routes that may be more direct. Think of traffic volume, dark alleys, traffic lights, stop signs, etc. when you make your decisions.

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TASK CARD # 7

BENCHMARKS - The student should know:

- Cigarettes do contain different amounts of tar and nicotine
- Tobacco is found in cigars, cigarettes, snuff, chewing twists and pipes
- Cocaine renders permanent damage to the lungs, liver and nose
- Cocaine results in severe problems for unborn and newborn babies of mothers who use cocaine
- Freebase is a form of cocaine that is smoked, and it is extremely dangerous

Activity: Invention

Invent a new, nonalcoholic cocktail. Think of all the tastes and flavors you like. Think of juices, soft drinks, and candies you like. Think of ways to combine certain ingredients. Name your invention. List the name, ingredients, procedure, appliances, garnishes, etc on a paper in black ink so your recipe can be copied. Create a group Recipe Booklet for Nonalcoholic Drinks. Be sure to list advantages to the drink. Is it nutritional, refreshing, dietary?

TASK CARD # 8

BENCHMARKS - The student should know:

- Smoking is a costly habit.
- Smoking is an irritant to eyes and throat
- Cocaine results in the risk of AIDS and other infections from sharing needles
- Cocaine may cause coma and death
- Cocaine use can cause cardiac arrest, seizures or stroke

Activity: Boardgame

Design a boardgame using oaktag or poster board. Write clear directions. Use buttons for game tokens, or clever items, to move along the game path. Include many alcohol facts. Determine directions. Are you using dice or spinners? Glue magazine pictures to the board. Different teams can play the games designed by other groups. Name the game. Are there hazards along your pathway? Are there bonuses?

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TASK CARD # 9

BENCHMARKS - The student should know:

- Smoking can cause throat cancer
- Smoking can be a fire hazard
- Cocaine use can destroy relationships with family and friends, and harm school and job performance
- Cocaine is snorted, smoked or injected

Activity: Rap, Poem

Write and perform a RAP about keeping safe and obeying the laws, or write a poem about being clean and free from drug and alcohol abuse. Give some of the rap and poems to a local newspaper, a school newsletter or School Board members for possible publication. Read the poems for morning announcements or to open an assembly.

TASK CARD # 10

BENCHMARKS - The student should know:

- Gasoline is a common name for hydrocarbons
- Cocaine is never safe! Studies have shown that it is addictive in all forms and can cause death in even small amounts
- Cocaine users risk arrests, fines, and jail terms, and may commit violent crimes
- Cocaine is especially dangerous because it is inexpensive and easily transportable

Activity: Essay, Story

Write a story or essay explaining why laws and rules are important. Tell what would happen if all rules, (traffic, school, etc.) were eliminated. Would you be late for appointments? How would you catch the bus?

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TASK CARD # 11

BENCHMARKS - The student should know:

- "Morphq" is a common name for morphine
- Herion abuse can cause drowsiness and vomiting
- Of students aged 12 to 20, one in five have used marijauna
- Half of our young people try alcohol by the ninth grade. Nearly all try it before they are graduated from high school
- Heroin is dangerous due to differences in purity and the use of unsterile equipment

Activity: Generate a List

Start a list to record as many law-related jobs as you can. Use phone books, encyclopedias, reference books, or college course listings. The winning team is the one with the longest list.

TASK CARD # 12

BENCHMARKS - The student should know:

- Herion abuse can cause a coma and even death
- The abuse of amphetamines can cause an irregular heartbeat, high blood pressure or heart failure
- A person with an alcohol or drug problem is trying to hide the truth from himself, just as much as from the rest of the world
- Teenage drug and alcohol abusers rarely volunteer for treatments
- Heroin is dangerous because of its use with other drugs

Activity: Travel Poster

Color a travel poster for your city that tells why it's a terrific place to visit or live. Give the posters to a city or government official. Show your determination in your poster layout to be drug or alcohol free.

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TASK CARD # 13

BENCHMARKS - The student should know:

- Use of illegal drugs in particular may be a badge of protest against adult authority
- Amphetamines are also called Speed, Uppers and Pep pills
- To 'hallucinate", means to see things that are not really there.
- Ethyl Alcohol is a colorless liquid with a sharp burning taste

Activity: Politically Correct Humor

Write new versions of old nursery rhymes that tell about laws or rules in your community. (Do Mary's little lambs belong in her school room?) Use primary nursery rhyme books, if you have forgotten the rhymes and stories. Another variation is to use classic fairytales. Should a minor have been out at midnight when she lost that glass slipper? Is driving a pumpkin a traffic violation? Should Jack have been jumping over that candlestick?

TASK CARD # 14

BENCHMARKS - The student should know:

- Heroin abuse can cause blood clots and convulsions
- Heroin addicts can get hepatitis and AIDS from dirty needles
- Some teenagers use drugs and alcohol not to join the adult world, but to rebel against it
- Ethyl alcohol is found in beer, malt liquor, ale, wine, champagne, and sherry
- Heroin injections using shared needles is fast becoming a leading cause for dangerous diseases

Activity: Bookjacket

Design a bookjacket for a book that would be all about you, if it were written. What would you title it? Show yourself and your interests on the jacket cover. How will you show that you are drug-free?

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TASK CARD # 15

BENCHMARKS - The student should know:

* Abuse of opium can cause convulsions and blood clots
* Heroin abuse can cause babies to be premature and addicted
* Ethyl alcohol is found in vodka, whiskey, rum and other distilled spirits
* Although alcohol is a legal drug for adults, each state of the U.S. restricts its use
* Freebase is a form of cocaine that is smoked

Activity: Gift Box Survival Kit

Invent a survival kit from an old gift box. On the bottom of the box print the things you need to survive (3 hugs a day, a football, a patient teacher, etc.) Some items should be humorous. Drugs and alcohol are never connected to surviving life's rollercoaster of problems and events.

TASK CARD # 16

BENCHMARKS - The student should know:

* The abuse of cocaine can cause seizures
* Codeine is found in some cough medicine
* Drug use - especially drinking - is a symbol of adulthood to many adolescents
* Studies show that young people are more likely to drink as they come closer to being adults themselves

Activity: Classified Ad

Print a want ad to summon the types of students who use good judgement and who would create a strong, safe community. Try to make the ad as realistic as possible. List many qualifications and requirements. Send the mock classified ads to the editor of your city's newspaper for possible publication. Include the absolute need to be drug and alcohol free.

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TASK CARD # 17

BENCHMARKS - The student should know:

* Too much alcohol can cause liver damage, brain damage and ulcers
* The use of tobacco goes back to the days of Columbus
* Alcohol enters the bloodstream almost immediately
* Alcohol circulates to the brain and all organs
* Alcohol depresses the central nervous system, slowing thought processes, reflexes, and other physical skills

Activity: Acrostic Design

Make an acrostic design to share important drug facts. In an acrostic design, the letters run vertically to spell the word. Horizontally is a descriptive work or information that begins with that letter. Example:

A - A legal drug for adults
L - Large doses make user angry, moody
C - Commonly used by drivers involved in fatal highway accidents
O - Overdoses can mean death
H - Harms unborn babies if drug is abused
O - Often causes addiction
L - larger doses result in coma or even death

TASK CARD # 18

BENCHMARKS - The student should know:

* Problems can result from a pattern of regular drinking or from just one instance
* If alcohol is addictive, then alcoholism can result
* The abuse of crack or cocaine can cause ulcers in the membranes of the nose
* Some people become addicted to alcohol. If they stop, they will suffer severe withdrawal symptoms
* Marijuana has become more dangerous than in the 1960's since it is 275% more potent

Activity: Cartoon Mural

Relate as many strategies as you can, to refuse drugs or alcohol. Show the responses in cartoon bubbles, drawn next to the speaking character in a large mural. Choose a setting for your mural, such as a playground.

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TASK CARD # 19

BENCHMARKS - The student should know that:

* The abuse of cocaine can cause high blood pressure and increased heart rate
* Death may occur when the blood alcohol concentration is .5%, because the breathing center in the brain may become paralyzed
* It's drinking that results in job, social, health or legal problems
* Alcohol abuse is the most common - and the most costly - form of drug abuse

Activity: Doorknob Hanger

Design a door knob hanger with a drug-free message for a door in your classroom, in your meeting area, or at home. It should basically be a long rectangle only a few inches wide. Decide on the diameter of the doorknob, because an empty circle on your design will need to be cut out so that the hanger will slip over the knob. Use just black ink if it is to be photocopied for multiple copies. Color your sample product. Use bubble lettering and clever designs.

TASK CARD # 20

BENCHMARKS - The student should know:

* Mixed with certain drugs, alcohol is deadly
* In general, a 12 oz. beer (5% alcohol), a 5 oz. glass of wine (12% alcohol), and a 1 1/2 oz. shot of 80 proof liquor (40% alcohol) all contain about the same amount of alcohol
* Marijuana causes chronic lung disease

Activity: Exchange Gift

Wrap a gift box. Inside, put a note that tells what you think is the "perfect gift". Do you think that the perfect gift for mankind costs money? Actually wrap all the gifts keeping the contents secret. If the gift is intangible write what it is on a secret roll and tie the scroll. Then place the scroll in the box. Exchange gifts. Note: If wrapping paper isn't available, use comics from the newspaper or brown grocery bags.

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TASK CARD # 21

BENCHMARKS - The student should know:

* Marijauna may be called pot, tea, weed, hay, grass or maryjane
* Depressants can be called goofballs
* Some users have suffered strokes after using cocaine - the increase in blood pressure the drug causes may rupture brain blood vessels
* Since marijuana users try to hold the smoke in their lungs longer than cigarette smoke, one marijuana cigarette is four times more powerful than one cigarette

Activity: Time Capsule

Make a time capsule from a lunch bag. In it put little symbols, or actual small articles, for things you like to do. Include magazine pictures that show "What Life Was Like on Earth at This Moment in Time". Seal the bag and store it safely for one year until you open it again. Do not store perishable items. Do not include precious or valuable items, or cherished items you could not bear to part with. Share some of the symbols or articles with the group. See if they can guess what it means.

TASK CARD # 22

BENCHMARKS - The student should know:

* Mainlining is when drugs are injected directly into a vein
* LSD is used as a white powder, clear liquid or a drop of liquid on a sugar cube
* Even small doses of marijuana can impair memory

Activity: Cross Country Bike Race Simulation

You are going to go on a simulated Cross Country Bike Race. You will be competing by teams. Today, you will name your racing team, design a team pennant and each of you will draw the space age, dynamic, hypercolor bike you will ride.

Each team will receive an outline map of the U.S. showing the 50 states. You will be on a scavenger hunt to find facts about drug and alcohol abuse. These must be actual facts from a reference source such as library books, computer libraries, encyclopedias, drug and alcohol pamphets, human resources, etc. As soon as your group fills a sheet with 15 facts dealing with drug or alcohol abuse, you will hand it to your teacher or facilitator and color in one (any) state in the U.S. First team with all states colored, wins.

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TASK CARD # 23

BENCHMARKS - The student should know:

* Drug convictions and a jail sentence may include not being able to work for a city or county government
* Some hallucinogens come from natural sources, such as mescaline from the peyote cactus
* Others, such as LSD, are synthetic or manufactured

Activity: Simulated Bike Race

Cross Country Bike Race continues:

Create a log or "dairy". Each member of the team creates a written page for an imaginary account of what is happening for one of the days. Did you stop to shop? For lunch? Medical treatment for an insect bite? To call home? Is the weather cooperating? Did you hit a sandstorm or flood?

TASK CARD # 24

BENCHMARKS - The student should know:

* Tobacco contains tar which clogs air sacs in the lungs
* Alcohol can be addictive
* LSD is manufactured from lysergic acid which is found in ergot, a fungus that grows on rye bread and other grains

Activity: Simulated Bike Race, Journal Accounts

Cross Country Bike Race continues:

Read the journal accounts from the race that were compiled from Task Card # 23

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TASK CARD # 25

BENCHMARKS - The student should know:

* The effect from smoking one cigarette can last from 15 minutes to 2 hours
* Tobacco was a money crop in the Colonial times and shipped to England
* Marijuana causes accelerated heartbeat and high blood pressure

Activity: Simulated Bike Race, Biker Helmet

Cross Country Bike Race continues:

Design a drug-free biker helmet. Color it and cut it out. Inside, glue or tape a photo of yourself. Display all the helmets and photos by teams for other groups to see and track. Place markers on the teams to show placement in the race.

TASK CARD # 26

BENCHMARKS - The student should know:

* Smoking is linked to lung cancer
* Liquor is alcohol
* Marijuana use causes mood changes and lack of ambition

Activity: Simulated Bike Race, Canyon Maze

Cross Country Bike Race continues:

You have encountered a dangerous canyon on your journey. Use small graph paper or plain paper to design a maze through the canyon. Bikers must cross the canyon despite traps, hazards and obstacles to get to the other side. Label areas of danger. Do your maze in black ink so that it can be photocopied and worked by other bikers or teams.

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TASK CARD # 27

BENCHMARKS - The student should know:

* Alcohol abuse will cause slowed reaction time, vomiting, brain damage or convulsions
* Malnutrition can be linked to alcohol abuse
* Marijuana is a "Gateway" drug, since users go on to use more potent drugs

Activity: Simulated Bike Race, News Release

Cross Country Bike Race continues:

Write the news release you would use for a newspaper to tell about your bike race. Include names of participants, experience, qualifications, where you began (State you first colored) and where you will end the race (Last State you plan to color). Tell how you raised the money to participate in the drug-free bike race.

TASK CARD # 28

BENCHMARKS - The student should know:

* Cirrhosis of the liver can be linked to alcohol abuse
* Brain damage, pneumonia and cancer of the esophagus can be linked to alcohol abuse
* Marijuana smoke impairs driving skills for 4-6 hours after smoking one cigarette

Activity: Simulated Bike Race, Secret Code

Cross Country Bike Race continues:

You need to get a message to your parents in secret code. Develop the code by placing a number, symbol or different letter next to each English alphabet letter. Write your message in code. Exchange with members of another team for decoding.

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TASK CARD # 29

BENCHMARKS - The student should know:

- Smoking can be linked to drug abuse
- The Surgeon General says there is carbon monoxide in cigarette smoke
- All drug pushers may or may not be users themselves
- PCP is a hallucinogen and users quickly lose a sense of reality

Activity: Simulated Bike Race, Celebration

Cross Country Bike Race finale:

Count your states. Who won? Who came in second? Winners should exchange tips on what they did that made the venture successful. Celebrate in drug-free style!

TASK CARD # 30

BENCHMARKS - The student should know:

- Abuse of LSD can cause depression, insomnia and tremors
- Beer is alcohol
- Wine is alcohol
- If marijuana is used with alcohol, results cause extremely impaired driving conditions

Activity: Mobile

Each team creates a drug-free mobile on a different drug. Use a coat hanger or folded paper. Use yarn to connect colored paper facts and information. Fly a drug-free pennant at the top of the mobile. Add crepe paper streamers. Display all the mobiles.

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TASK CARD # 31

BENCHMARKS - The student should know:

* "Horse" is a common name for herion
* A common name for barbituates is downers
* "Big C" and "Rock" are other names for cocaine
* PCP users are capable of bizare behavior

Activity: Jigsaw Puzzle

Create a drug-free puzzle for kindergarten or first graders. Use an 18" x 24" piece of paper. Create a clever design with a drug-free slogan. Make sure there is color and designs on the entire sheet. Glue carefully to a piece of posterboard or cardboard. Using pencil, draw squiggle lines to make a jigsaw puzzle. Dont make too many small pieces. Cut out on the squiggle lines. Place in a box with a lid after testing it on another team.

TASK CARD # 32

BENCHMARKS - The student should know:

* A common name for amphetamines is speed
* The Surgeon General has warned that pregnant women who smoke may have premature birth and a child with a low birth weight
* PCP usage may lead to permanent changes in thinking, movement and memory

Activity: Mystery Box

Create a mystery box to exchange with another school or group in a different city or state. Your teacher or facilitator will use contacts they have from out of town. The identity of the mystery city with which you exchange, will only be known to the person in charge Give clues to your city to include in the box you are mailing. (Weather forecasts, news articles, sample products, environmental clues, industries, natural boundaries) Include things you have done as a drug -free group. Send photos of yourselves. Decode their mystery box when it arrives.

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TASK CARD # 33

BENCHMARKS - The student should know:

* "Grass" is a common name for marijuana
* "Pot" is a common name for marijuana
* "Snow" is another name for cocaine
* Mescaline comes from the peyote cactus and although it is not as strong as LSD, its effects are similar. Mescaline is usually smoked or swallowed in the form of capsules or tablets

Activity: Newsletter

Create a newsletter to show drug facts and drug-free activities. Include good jokes, a comic strip and personal reviews for recent books and movies.

TASK CARD # 34

BENCHMARKS- The student should know:

* Smoking is linked to heart disease
* "Smack" is a common name for heroin
* The abuse of methaqualone can cause coma or death
* LSD is added to absorbent paper, such as blotter paper, and divided into small decorated squares, with each square representing one dose

Activity: Letterwriting to Solicit Information

Write a letter to drug-free organizations, government agencies, or foundations to learn more about drug and alcohol facts and surveys. Addresses can be found in library reference books. Some have toll-free numbers.

American Council for Drug Education
Drug Enforcement Administration
Just Say No International
National Commission for Drunk Driving
Office of Juvenile Justice and Delinquency
National Parents Resource Institute for Drug Ed
National Clearinghouse for Drug Information
Students Against Drunk Drivers
National Safety Council
National Assoc. of State Alcohol & Drug Abuse
National Institute on Drug Abuse

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TASK CARD # 35

BENCHMARKS - The student should know:

* The abuse of tranquilizers can cause birth defects and convulsions
* With LSD use, a person's sense of "time" and "self" may change
* With LSD use, sensations may give the user the feeling of "hearing" sounds and "seeing" colors that aren't there
* LSD usage can be terrorizing, and can cause panic in the user
* PCP usage may lead to serious injuries or death

Activity: "Drug-Free Steps to the 21st Century"

"Drug-free" steps to the 21st Century". Mix up a large package of plaster of Paris. Add paint, perhaps swirling many colors in a kaleidoscope effect. Be ready - the plaster will set quickly. Pour or spoon the plaster into individual, flat containers, preferably styrofoam containers that will release easily and be disposable. Each group member places their bare foot gently into the plaster for a short time (one minute), to make a clear impression. Wash skin thoroughly. While still wet, place names of each person impressed into the mold. Display in a library or public place to show your footprint in time.

TASK CARD # 36

BENCHMARKS - The student should know:

* Smoking pollutes air in public places
* With LSD, sensations and feelings change quickly and the user may feel several different emotions at once or swing rapidly from one emotion to another
* Smoking is linked to emphysema
* PCP distorts hearing, vision, touch, taste, and smell

Activity: Assembly Presentation

Arrange an assembly or presentation for others to share all the facts about drugs and alcohol abuse you have learned. Be convincing. Insist that a ticket to drugs and alcohol use, is a one way ticket to nowhere. Practice your presentation.

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SCRAPBOOK

Duplicate many for student use.

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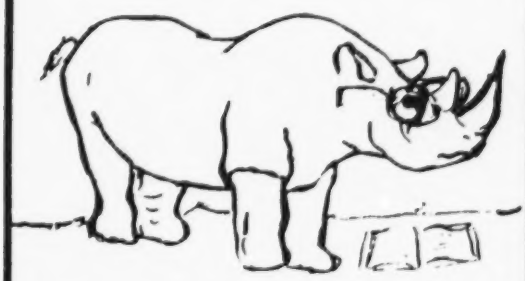
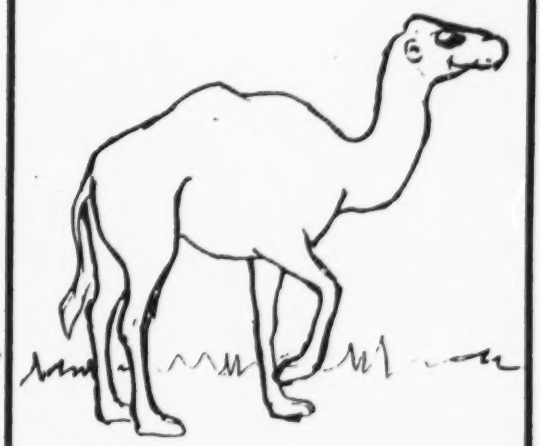
RITA BOOK

Read a book about cigarette smoking to get the facts.



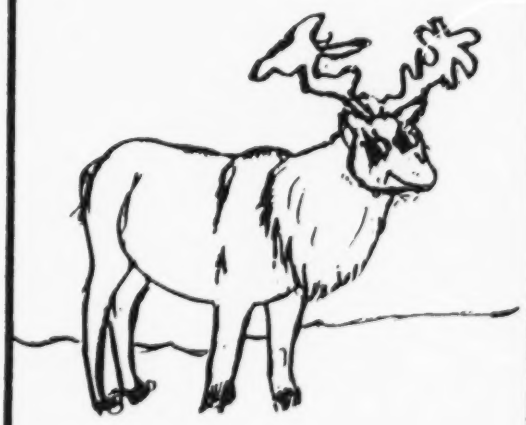
TARA STAMP

Tear a stamp out and mail for free drug-free information today.



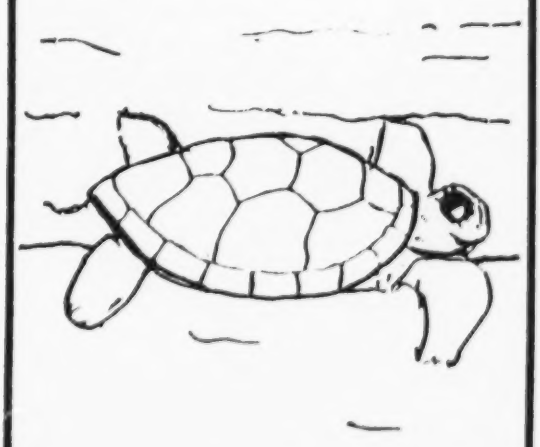
M. EDIATE

Immediate arrests for drunk drivers.



RAY D. ENT

Radiant smiles here from a drug-free group.



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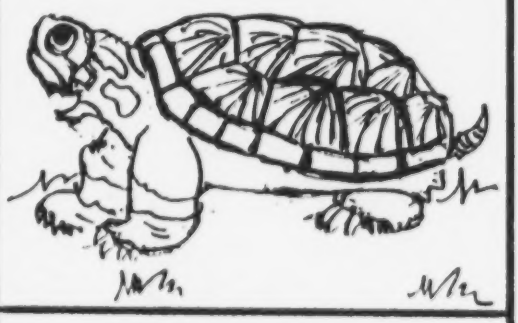
LARS ANY

Larceny is just one of many crimes that can be linked to alcohol.

SCOTT NOTHING

S'got nothing to do with you or your friends. Keep refusing drugs.

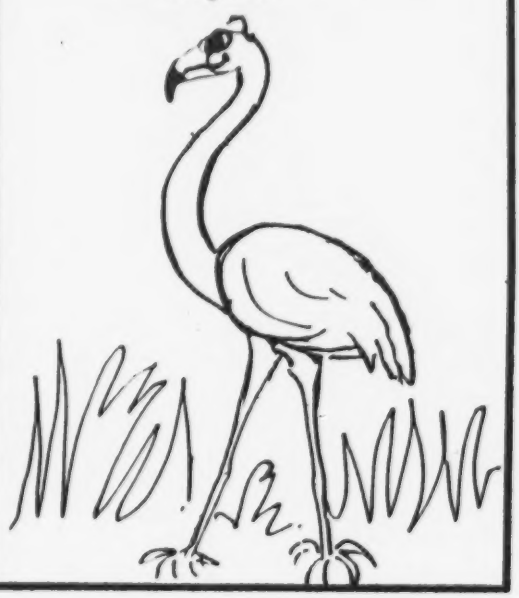


EMMA FRAYED

I'm afraid that some kids think wine coolers are soft drinks.

JENNY RATE

Generate activities that are alcohol and drug-free.



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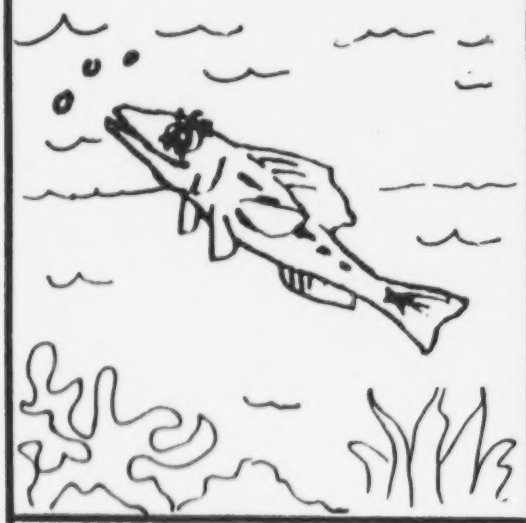
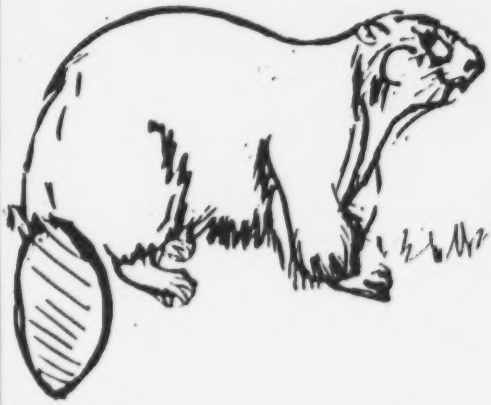
SANDY BEACHES

Sandy beaches become cluttered with beer cans



ARTHUR ITTY

Authority figures help you fight drugs and crime.



MO KIDS

More kids are refusing alcohol and cigarettes

WESTON PEACE

Rest in peace if you use drugs or alcohol

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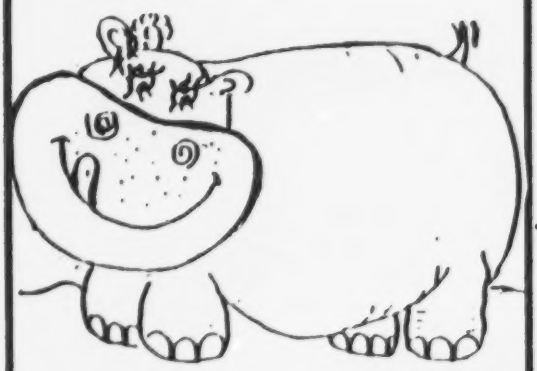
MAUREEN KNEE

More eeny, teeny pills and crystals on the street as drugs.



STU DENTS

Students here in 4th grade are drug-free.

NICK O'TEEN

Nicotene in cigarettes is addictive.

LESLIE KIDS

Let's leave kids alone who offer drugs

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PRINCE E. PAL

Principle sellers of drugs are the "pushers".

N. URGY

Energy from alcohol-free kids here!

KENT UTELL

Can't you tell that smoking makes makes you sick?

I. M. TELLING

I am telling you that you're very special

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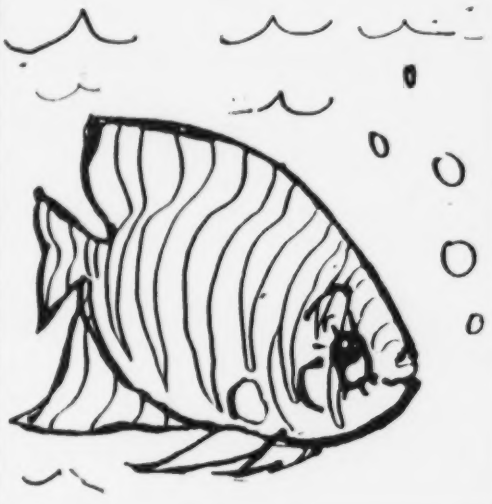
ART TIST

Artists in your group should make drug-free posters to hang

TRAC I ING

Tracing a drug-free path to the 21st Century



FLO WITH

Flow with drug-free strategies with your friends

MISSY LINK

Missing link is you. We need you to fight the Drug War.

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WIT NESS

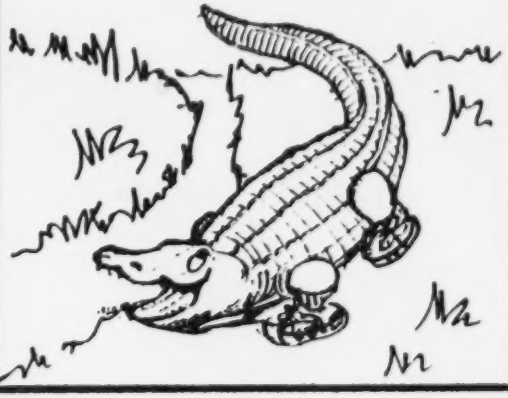
Witness a drug deal? Report it.

ANITA FRIEND

Ah' need a friend Are you drug-free?

LOU ZERRS

Loosers are the addicts who are hooked on drugs



N. CYCLOPEDIA

Encyclopedia will give you a history of drugs

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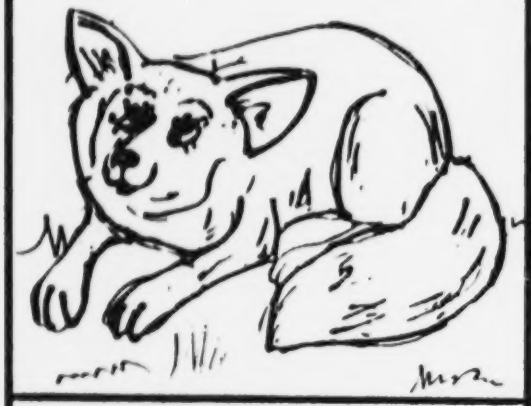
STAN FIRM

Stand firm against drug usage



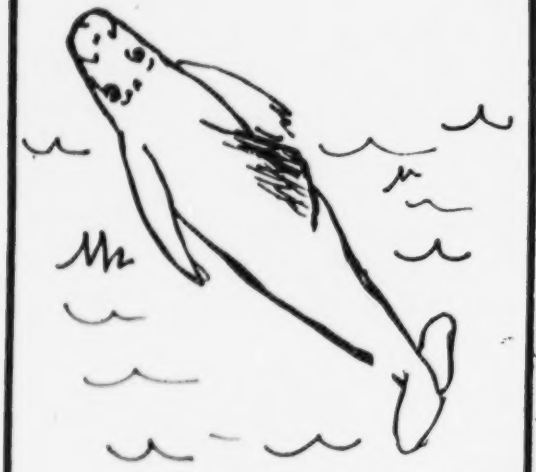
BUTCH OR

Put your hand in my hand and

walk a drug-free course

F. FECTIVE

Effective War Against Drugs needs you!



C. LITTER

See litter and pick it up

Throw away dirty cigarette ashes

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JO VEAL
Jovial, drug-free 4th graders here.

CHER IT
Share it, if you have drug-free strategy.

LEIGH GAL
Legal drinking ages are strictly enforced.

REG ISTER
Register with a drug-free group

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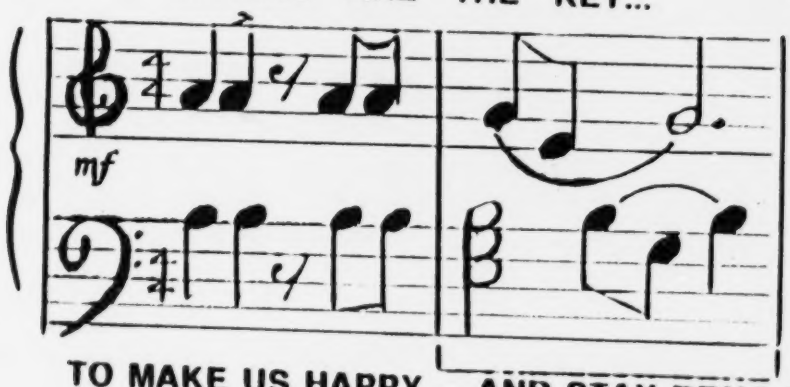
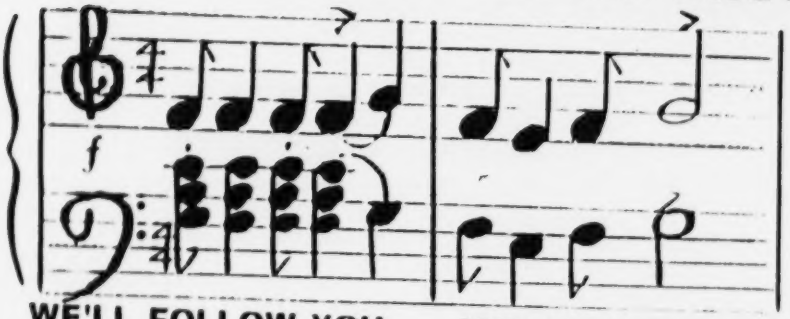
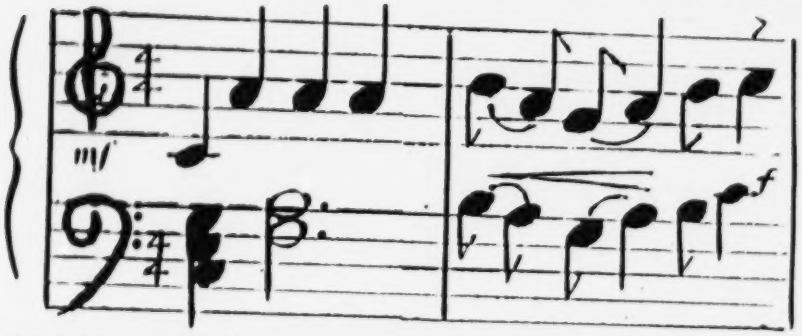
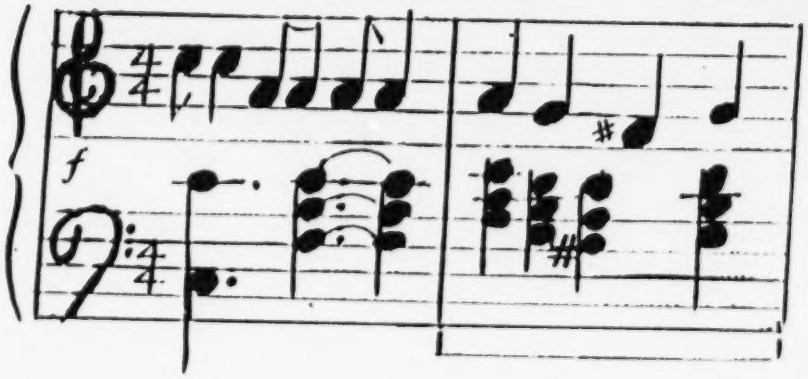
Andante

THEME SONG

SPARKS ARE THE KEY...



TO MAKE US HAPPY AND STAY DRUG-FREE!

WE'LL FOLLOW YOU AND BE YOUR FRIEND,

LET'S CHASE THE SUN AND FIND THE RAINBOW'S END!

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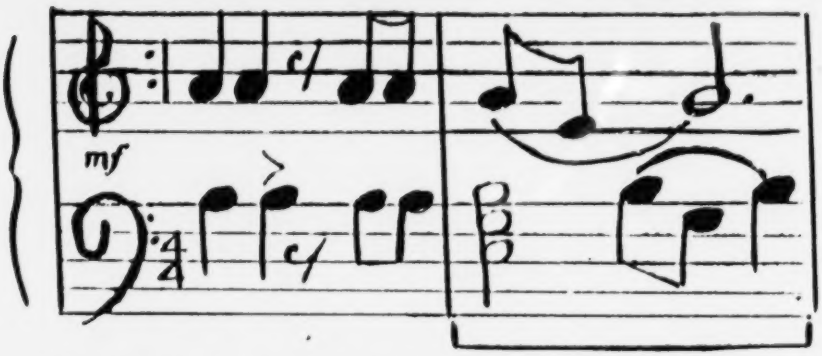
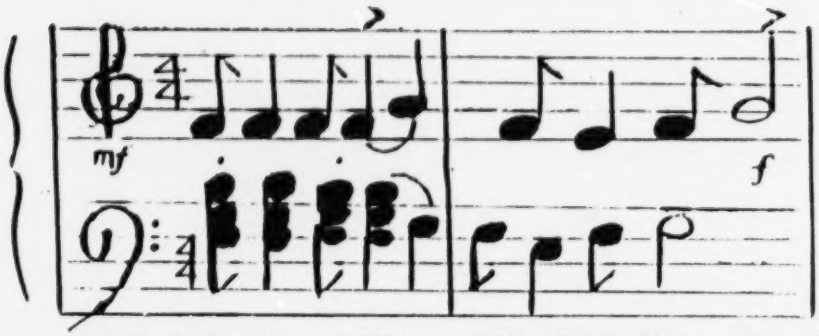
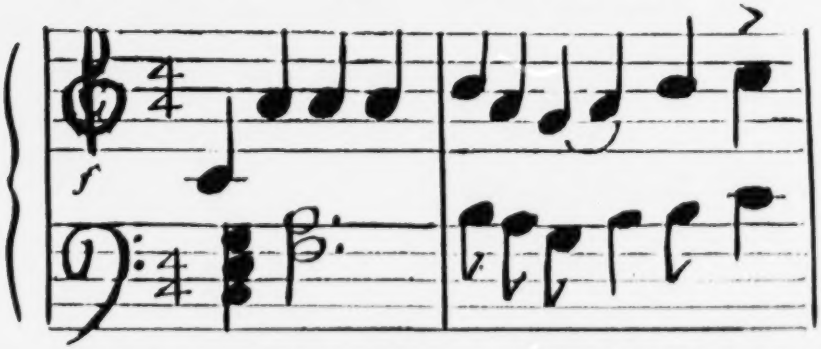
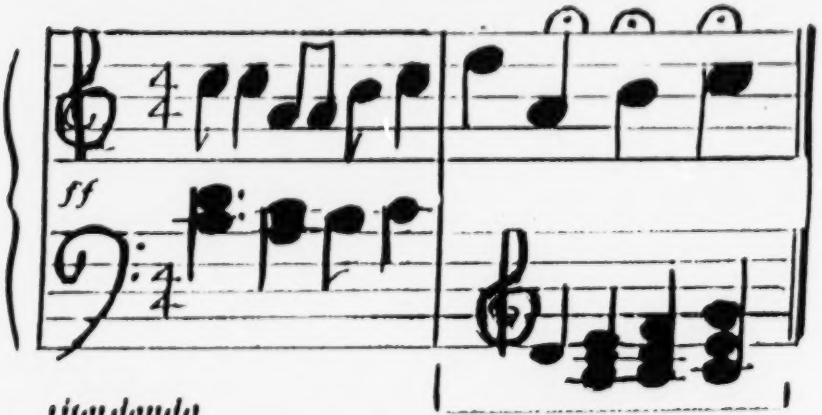
SPARKS UNDER STAND...

SO TAKE OUR HAND AS WE CROSS THIS LAND...

IT'S UP TO YOU AND IT'S UP TO ME...

TO MAKE THIS WORLD A BETTER PLACE TO BE!

titandando

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE FOUR

NAME_____DATE_____

WRITE "TRUE" OR "FALSE" ON THE LINE BEFORE EACH STATEMENT.

_____1. LSD can cause the user to hear, see and feel things that aren't there.

_____2. Smoking does not pollute the air in open, public places.

_____3. The abuse of drugs can cause coma and even death.

_____4. "Snow" is another name for marijuana.

_____5. PCP usage can lead to permanent changes in thinking, movement & memory.

_____6. PCP users are capable of strange behavior.

_____7. Marijuana can safely be used with alcohol and will not impair driving ability.

_____8. Smoking is not linked to harder drug abuse.

_____9. All drug pushers are also drug users.

_____10. Wine, beer, and wine coolers cannot be considered alcohol.

_____11. LSD use can cause depression, tremors and insomnia.

_____12. Marijuana causes a fast heart rate and high blood pressure.

_____13. Cigarette smoking and tobacco crops were not popular until the 1990's.

_____14. Grandparents who smoke, may not have been told the hazards of tobacco use many years ago.

_____15. Tobacco was a money crop in Colonial times and was grown in the U.S. and shipped to England.

_____16. Liquor is alcohol.

_____17. Lung cancer is linked to smoking.

_____18. Having been arrested for drug usage will not effect your being able to work for a city of county government.

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_____19. LSD is lysergic acid which is found in a fungus called ergot that is grown on rye bread or other grains.

_____20. All drugs are grown naturally and are not synthetic, or man-made.

MULTIPLE CHOICE. CIRCLE THE CORRECT ANSWER.

21. LSD usage can be terrorizing and cause _____for the user.
    A. straight A's
    B. panic
    C. many friends
    D. good sports scores
    E. much happiness

22. A common name for heroin is
    A. horse
    B. hickory
    C. highlighting
    D. all of the above
    E. none of the above

23. Alcohol use can cause _____
    A. brain damage
    B. vomiting
    C. slower reaction time
    D. liver damage
    E. all of the above

24. Marijuana
    A. is harmless
    B. is free
    C. causes mood changes
    D. is not grown in the U.S.
    E. is safer to use than tobacco

25. The effect from smoking even one cigarette, can last from 15 minutes to
    A. 2 hours
    B. 4 hours
    C. 8 hours
    D. 12 hours
    E. 24 hours

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26. Drugs distort, or change your
   A. hearing
   B. vision
   C. touch and taste
   D. smell
   E. all of the above

27. When drugs are injected directly into a vein, it is called
   A. synthetic
   B. intersecting
   C. mainlining
   D. ergot
   E. opium poppy

28. Alcohol, when mixed with other drugs,
   A. is safer
   B. can be deadly
   C. is recommended by doctors
   D. is fun and harmless
   E. none of the ablve

29. After using cocaine, many users suffer from
   A. cavities
   B. termites
   C. poison ivy
   D. strokes
   E. none of the above

30. Marijuana is _____ times as powerful as one tobacco cigarette.
   A. 2
   B. 3
   C. 4
   D. 5
   E. 6

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE FOUR

ANSWER KEY

WRITE "TRUE" OR "FALSE" ON THE LINE BEFORE EACH STATEMENT.

TRUE 1. LSD can cause the user to hear, see and feel things that aren't there.

FALSE 2. Smoking does not pollute the air in open, public places. **IT DOES**

TRUE 3. The abuse of drugs can cause coma and even death.

FALSE 4. "Snow" is another name for marijuana. **COCAINE**

TRUE 5. PCP usage can lead to permanent changes in thinking, movement & memory.

TRUE 6. PCP users are capable of strange behavior.

FALSE 7. Marijuana can safely be used with alcohol and will not impair driving ability. **IT DOES IMPAIR DRIVING ABILITY**

FALSE 8. Smoking is not linked to harder drug abuse. **IT IS**

FALSE 9. All drug pushers are also drug users. **MIGHT NOT BE**

FALSE 10. Wine, beer, and wine coolers cannot be considered alcohol. **THEY ARE**

TRUE 11. LSD use can cause depression, tremors and insomnia.

TRUE 12. Marijuana causes a fast heart rate and high blood pressure.

FALSE 13. Cigarette smoking and tobacco crops were not popular until the 1990's. **WERE POPULAR IN COLONIAL TIMES**

TRUE 14. Grandparents who smoke, may not have been told the hazards of tobacco use many years ago.

TRUE 15. Tobacco was a money crop in Colonial times and was grown in the U.S. and shipped to England.

TRUE 16. Liquor is alcohol.

TRUE 17. Lung cancer is linked to smoking.

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FALSE 18. Having been arrested for drug usage will not effect your being able to work for a city of county government. **IT WILL**

TRUE 19. LSD is lysergic acid which is found in a fungus called ergot that is grown on rye bread or other grains.

FALSE 20. All drugs are grown naturally and are not synthetic, or man-made. **THERE ARE MANY MAN-MADE (SYNTHETIC)**

MULTIPLE CHOICE. CIRCLE THE CORRECT ANSWER.

21. LSD usage can be terrorizing and cause _____for the user.
   A. straight A's
   B. panic
   C. many friends
   D. good sports scores
   E. much happiness

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